

US ARMY GARRISON KAISERSLAUTERN

# SUMMER SAFETY

2007

# ACCIDENTS CAN HAPPEN ANYWHERE AND ANY TIME

## At Work, Home and Play

- Slips, Trips and Falls
- Physical Injuries
- Chemical Exposures or Accidents
- Vehicle Accidents
- Sprains and strains
- Cuts, Scrapes and Burns
- Sports Injuries
- Drowning
- Electrocution
- Heat Stress



# EVERYONE HAS EXCUSES

**It's Not My  
Job!!**

*Man I got lucky....*

I've always done it this way.

**It can't happen to  
me.**

*If I could only do it again....*

I thought someone else did  
it.

# **BOTTOM LINE**

**FIRST LINE LEADERS AND  
BATTLE BUDDIES**

**IDENTIFY HIGH RISK TAKERS  
ENGAGE THEM BEFORE AN  
INJURY OR FATALITY OCCURS**

# “UNDER THE OAK TREE” SESSIONS

**MUST** be held for all employees by  
all first line leaders and  
supervisors prior to long  
weekends and individuals going  
on leave.

# Privately Owned Vehicle Risk Management Tools

- ASMIS 2 Privately Owned Vehicle Risk Assessment
- USAREUR SAFETY WEBSITE
- US ARMY COMBAT READINESS CENTER

# **COMPOSITE RISK MANAGEMENT**

- ✓ Identify the hazard
- ✓ Assess the hazard
- ✓ Make a risk decision
- ✓ Implement controls
- ✓ Supervisor

Online training can be found [here](#).

**LIFE DOESN'T COME WITH  
SAFETY SIGNS TO KEEP YOU  
FROM HAVING AN ACCIDENT!**

**MANAGE RISK!**

**THINK OF THE CONSEQUENCES OF  
WHAT YOU DO!**

**INJURY TO YOURSELF  
DEATH**

**TO OTHERS**

# **MOTOR VEHICLE ACCIDENTS ARE THE NUMBER ONE ACCIDENTAL DEATH OF SOLDIERS!!**

## Fatal Factors That Affect Traffic Deaths

- Speed
- Alcohol
- Fatigue
- Complacency
- Seat Belt Use
- Stupidity

Online Vehicle Accident Avoidance training can be found [here](#).

Schedule for Kaiserslautern Army Safety Training Program can be found [at here](#).

**WEAR YOUR SEATBELT!**



**If you think  
this seat belt  
is too confining...**

**be prepared to  
strap on one of  
these alternatives.**



# **DON'T DRINK AND DRIVE !!!**

- Designate a driver BEFORE you go out!
- Use the Designated Driver program at Army Clubs
- Set aside money for a Taxi at the beginning of the night and don't spend it.
- Call Armed Forces Against Drunk Driving at 0631-536-2233 or 489-AADD
- Watch out for your buddy, "Don't Walk By"



# AUTOBAHN HAZARDS

Typical exits do not allow much time for deceleration. Watch your speed and maintain situational awareness.



Watch for curves on Autobahn roads when approaching K-town on A62, A63 and A6.



A6 K-Town East Exits. This is an information sign for upcoming military exit. Go Slow!



# Autobahn Wrong Way Hazard

- Wrong Way Drivers – If you miss your exit, keep driving to the next exit (no matter how far). You will lose your license if caught backing up or going the wrong way on the Autobahn or an exit. Additionally, watch as you enter the autobahn's on ramp, follow the directional arrows so you do not go up the wrong ramp.
- IT HAPPENS! Traveling up the wrong way has caused one **FATALITY** in the K-Town community.



A63: Due to a high trend rate in mishaps, the speed limit was reduced from 130 to 100 kph on this road. This is also the location of an Army motorcycle fatality.



High Accident Potential: B-270  
between Vogelweh and ROB.  
Multiple on and off ramps to B40  
and the OPEL circle. Watch your  
speed!!



# Examples of Construction Hazards- Follow the signs and watch your speed



# Weilerbach Depot Access Road

This road has extremely low shoulders and is very narrow. It is heavily traveled and can be dangerous in inclement weather.



# Town Hazards



- Town roads are very narrow allowing only one vehicle to proceed when cars are parked on the side of the street.
- Courtesy rule: allow the on coming vehicles enough room to proceed when parked cars are in your direction of travel.

# Town Hazards

It is illegal to make a right turn on red.

Exception-  
Right turn on  
red with  
green arrow.



# Traffic Circle



Yield signs indicate that vehicles in the traffic circle have priority

Einsiedlerhof round-about gets very congested during peak hours.

Drive defensively!

# MOTORCYCLE SAFETY

- MOTORCYCLE SAFETY FOUNDATION CERTIFICATE REQUIRED TO RIDE IN USAREUR
- WEAR PROPER PROTECTIVE EQUIPMENT
- FOLLOW THE RULES OF THE ROAD AND WATCH YOUR SPEED!
- FOR MORE INFORMATION ON MOTORCYCLE SAFETY CONTACT THE USAGK SAFETY OFFICE AT DSN: 489-7227.



# SPORTS AND RECREATIONAL SAFETY

Leisure activities can be fun and healthy.

Follow these guidelines before engaging in outdoor activities

- Get in Shape
- Choose Exercise for Your Age and Conditioning
- Start ~~Slowly~~ Warm-Up
- Finish with Cool Down
- Dress Appropriately

**KNOW YOUR EXERCISE LIMITS**

# **BICYCLE AND SKATEBOARD SAFETY**

**WEAR A CONSUMER PRODUCT SAFETY  
COMMISSION (CPSC) APPROVED HELMET**

**SKATEBOARDERS WEAR ELBOW, WRIST AND  
KNEE PADS**

**WATCH FOR APPROACHING MOTORISTS  
SEE AND BE SEEN!**



# WATER SAFETY

**Water Activities Can Be Fun but Caution Must be Used to Prevent.....**

## **DROWNINGS**

- Most often occur during off-duty recreational swimming in unauthorized swimming areas after dark
- Frequently related to alcohol use

## **BE SAFE AROUND WATER**

- Learn to swim and know “your” limits
- Use the buddy system and swim in authorized areas
- Use personal floatation devices when boating and fishing

# HEAT STRESS!

# HEAT STRESS CAN KILL!

- KNOW YOUR LIMITS
- GET ACCLIMATED TO THE CLIMATE
- STAY HYDRATED
- FOLLOW WORK/REST CYCLES
- USE SUN SCREEN AND LIMIT EXPOSURE





**NEVER LEAVE CHILDREN  
OR PETS IN A CLOSED  
HOT CAR**



**Every year children and pets die  
when they are left in hot vehicles**

# GARDENING



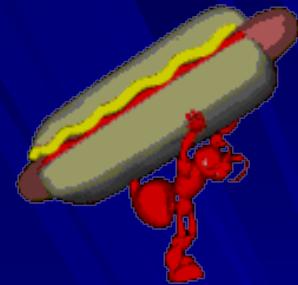
- Read the operating manual for your gardening equipment and follow all instructions.
- Wear long pants, close-fitting clothes, sturdy shoes, ear protection and safety glasses.
- Don't wear anything that could get caught in moving parts, such as loose jewelry. Tie back long hair.
- Handle gas carefully. Fill up before you

# BBQ/Picnics

- Instruct children on the dangers of playing around the grill
- Choose a safe location to light the grill
- Never apply lighter fluid, gas etc. to hot coals
- Never grill indoors or in semi-enclosed area like camper or tents.
- Never leave grill unattended
- Let charcoal cool before disposal



# FOOD SAFETY



- ✓ Wash hands before handling food and use clean utensils and containers
- ✓ Keep dairy products refrigerated
- ✓ Keep food in original container - check expiration dates and storage / handling instructions.
- ✓ Keep cold food cold and hot food hot
- ✓ Keep foods covered to prevent contamination by insects.
- ✓ Leftovers: When in doubt, throw them out!

# CAMPING AND HIKING

- ✳ **Use insect repellent (follow directions)**
- ✳ **When camping, inspect bedding before use, and avoid sleeping or leaving clothes in damp places.**
- ✳ **Always shake your clothes and shoes out before donning**
- ✳ **Ticks are very common here. Check yourself and pets (if you don't know how to remove a tick get medical help) for more information [click here](#).**



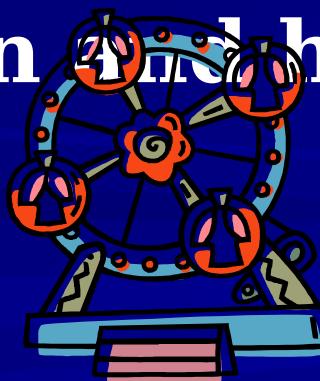
# WILD BOAR



**WILD BOARS ARE FOUND IN MOST  
WOODED AREAS AND ARE EXTREMELY  
UNPREDICTABLE AND DANGEROUS!**

# AMUSEMENT PARKS

- Ensure rides are appropriate for age and physical condition
- Wear/Use protective devices on rides (seat belts, bars)
- Watch for signs of dehydration and heat stress



# SUMMER SAFETY

THINK BEFORE YOU DO.....

AND PLAN FOR THE UNEXPECTED.....

